

(Breakthrough, September 1985)

PROFESSIONAL REPORT

by John Harvey Gray

I am a teacher and practitioner of a system of hands-on healing called Reiki. Reiki means Universal Life Force in Japanese, and the system utilizes this Force, which is known by different names in different systems - prana, orgone energy, chi, etc. I have been working with this system for eleven years, since 1976 as a Master Instructor, and have given over 200 Reiki workshops to date.

Background

I believe the Reiki practitioner channels this Force in through the chakras, through his body, and out his hands—which supplies energy to the cells under his hands. When filled with energy, each cell starts operating in an optimum manner. As a result, the body system can acquire energy to throw off all manner of ailments. Whether the problems are thrown off depends on the person receiving the treatment, since the person giving the treatment only delivers energy.

I have discovered that my delivery is affected by the meditative level in which I work. The training I've received in Focus 10, 12 and 15 seems very useful in adjusting my own delivery rate to the client's needs. And the way the client receives the energy also may affect the treatment. The Reiki process itself puts the client into a deep relaxation response. But I have been using certain Hemi-Sync® tapes during the treatments and seem to have even more relaxed clients than without the tapes.

Method of Approach

I have used several Hemi-Sync® tapes in the last year. The one most often used has been the *Metamusic Green*. This seems to place the client in a very receptive mode.

During a Reiki treatment the client lies on a massage table with stereo speakers on either side of the head of the table through which the Hemi-Sync tapes are heard. The Reiki system can work with mental and emotional problems as well as with physical problems. My thesis is that most physical problems are based on mental and emotional patterns developed early in childhood. I have been using a Free Flow 12 tape to take a client back through time to the source of the trauma, and then deliver Reiki to that old trauma.

I also do forward excursions that are goal-oriented. We decide what we would like to occur in the future, pick a date when that should happen, and then use the Free Flow 12 tape to move forward to a future time in which the occurrence has manifested.

Research Expectations

During the next two years I would like to find out what Hemi-Sync signals are best for straight hands-on Reiki treatments. I would like to be able to develop a documentation that identifies the benefits from the use of Hemi-Sync with hands-on healing techniques.

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